



# FREEDOM FROM YOUR FEARS

## #1: REPLACING FEAR WITH FAITH

JIM HINTON



### I. WHAT IS THE FEAR I NEED TO BE FREE FROM?

There are three different words in the Bible that describe three different kinds of fear:

1. Rational respect
2. Irrational phobias
3. Paralyzing Cowardice

### II. WHY IS FEAR SO DANGEROUS?

#### 1. Fear is not from God

For God has not given us a spirit of fear, but of power and of love and of a sound mind.  
2 Timothy 1:7 (NKJV)

You didn't receive a spirit that makes you a slave to fear once again. Instead you received the Holy Spirit, who makes you God's child. By the Spirit's power we call God "Abba." Abba means Father.  
Romans 8:16 (NIRV)

#### 2. Fear is one of the most effective weapons of my enemy—the devil

The devil... is a liar and the father of lies.  
John 8:44 (NLT)

#### 3. Fear is contagious

If the godly give in to the wicked, it's like polluting a fountain or muddying a spring.  
Proverbs 25:26 (NLT)

#### 4. Fear creates wrong thinking and expectations

Be careful what you think, because your thoughts run your life.  
Proverbs 4:23 (NCV)

### III. WHAT IS THE ANTIDOTE TO FEAR?

#### 1. Faith in an all-loving, all-knowing, all-good, all-powerful God who has a great plan for me!

Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.  
Isaiah 41:10 (NLT)

#### 2. Jesus came to free me from the bondage and oppression of fear

The Spirit of the LORD is upon me, for he has anointed me to bring Good News to the poor. He has sent me to proclaim that captives will be released, that the blind will see, that the oppressed will be set free, and that the time of the LORD's favor has come.  
Luke 4:18 (NLT)

## **IV. HOW CAN I REPLACE MY FEAR WITH FAITH?**

### **1. Focus on the size of my God instead of the size of my fears**

Be still, and know that I *am* God...  
Psalm 46:10a (NKJV)

### **2. Remember that God is still in control**

And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

Romans 8:28 (NLT)

Ah Lord GOD! It is you who made the heavens and the earth by your great power and by your outstretched arm! Nothing is too hard for you.

Jeremiah 32:17 (NRSV)

### **3. Feed my faith instead of my fears**

Where God's love is, there is no fear, because God's perfect love drives out fear.  
1 John 4:18 (NCV)

### **4. Use God's powerful Word to speak against my fears**

Let the redeemed of the Lord say so...  
Psalm 107:2 (ESV)

**When the devil tries to scare me by planting thoughts in my mind like...**

**"You can't do this..."**

**I say...**

For I can do everything through Christ, who gives me strength.  
Philippians 4:13 (NLT)

**When he says..."Your not going to have enough"**

**I say...**

And my God will meet all your needs according to his glorious riches in Christ Jesus.  
Philippians 4:19 (NIV)

**When Satan tries to tell me..."God will never forgive you"**

**I say...**

God is faithful and reliable. If we confess our sins, he forgives them and cleanses us from everything we've done wrong.

1 John 1:9 (GWT)

**When he says to me..."your going to die and that will be end of you."**

**I say..."Nice try devil...but Jesus said..."**

I am the resurrection and the life. Anyone who believes in me will live, even after dying. Everyone who lives in me and believes in me will never ever die...

John 11:26 (NLT)